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JUNE 8, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

Tuesday

MUSICAL MALFUNCTION

Christina Aguilera takes an odd, irksome turn on 'Bionic' 33

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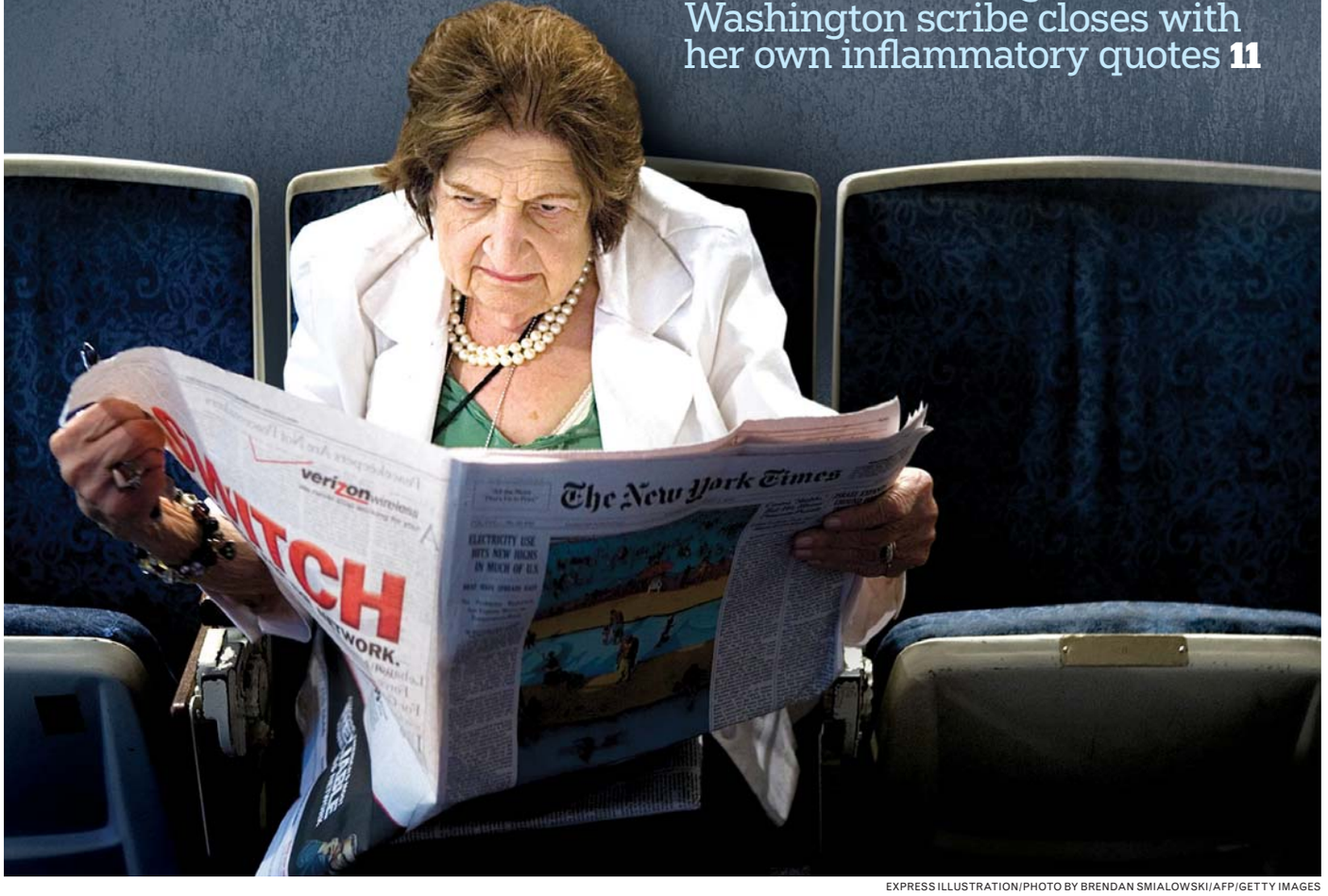
END OF STORY

Helen Thomas' long career as a Washington scribe closes with her own inflammatory quotes 11



EXPRESS ILLUSTRATION/PHOTO BY BRENDAN SMIALOWSKI/AFP/GETTY IMAGES

eo

EYE OPENERS

And That's Why You Always Use Auto-Renew

After a Tennessee police department let its Web site's domain name expire, the URL was snatched up by a new owner — who uses the space to gripe about speed cameras. Brian McCrary now owns the rights to Bluffcitypd.com. The site shows a smiling cartoon police badge clutching green currency. McCrary posts complaints from those who've been cited. **(AP)**

Probably Cheaper Than Any Other New York Venue

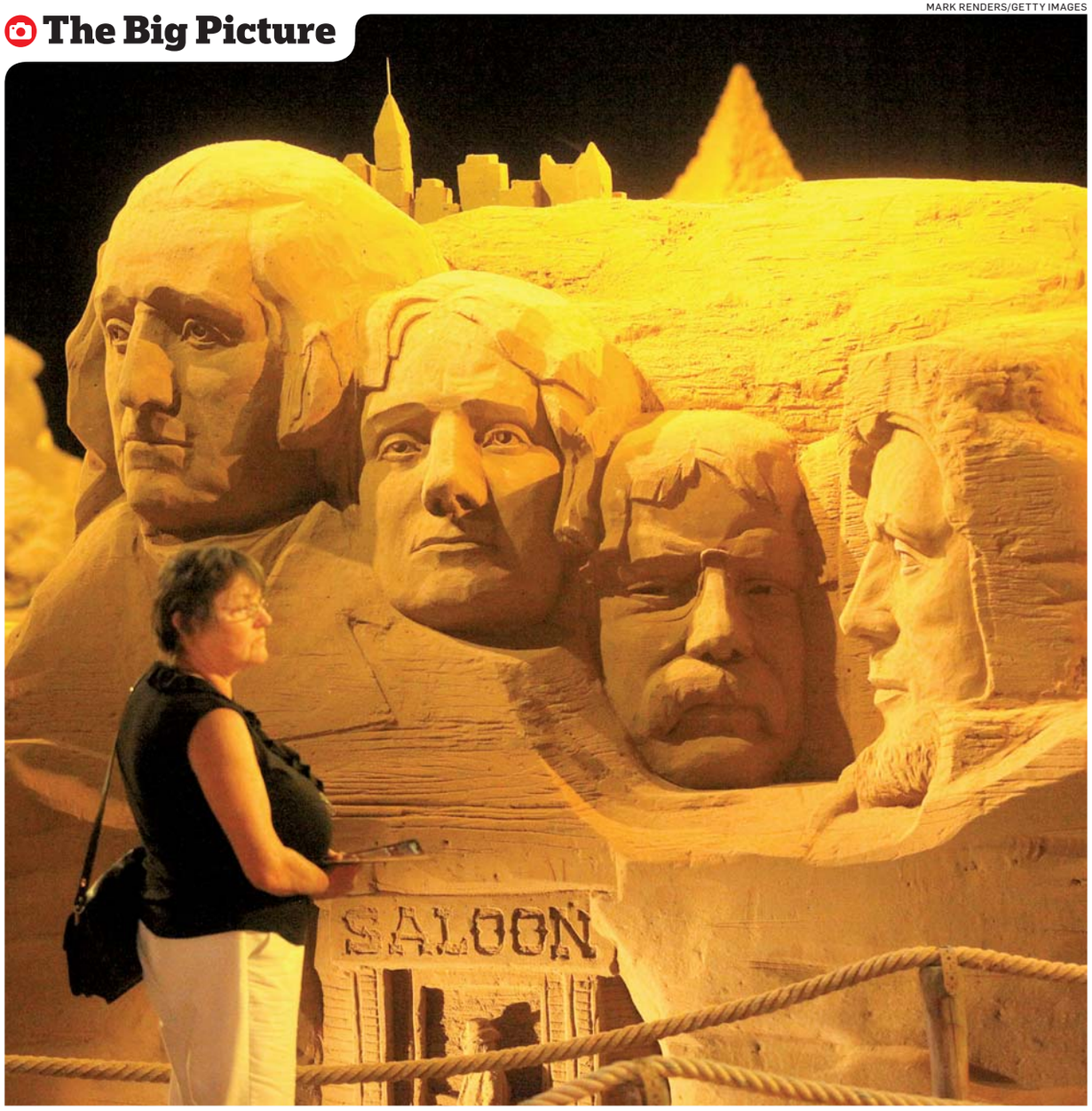
April Pignataro and Michael Curry were lowered in a steel cage into a shark tank to exchange their wedding vows at Atlantis Marine World in Riverhead, N.Y., on Sunday. She wore a white wet suit; he wore a black one. The divers spoke their vows into radio headgear transmitted to a minister outside the tank. **(AP)**

'Here's a Big, Useless Hunk Of Plaster. Reward Us!'

A history teacher at a Pittsburgh high school who likes to use sidewalk chalk to write on his blackboard has an even bigger piece now. Three of Joseph Romano's students made a 270-pound piece of chalk using plaster of Paris and 14 gallons of water. Romano is giving extra credit points to the trio. He says he'll probably chip off smaller pieces of the chalk to use in his classroom. **(AP)**

The Big Picture

MARK RENDERS/GETTY IMAGES



SAND CREATIONS awe tourists at Blankenberge, Belgium's Sand Sculpture Festival over the weekend. This year's theme was "Travel Around the World" (last year's was marginally more exciting — "Pirates"!) and featured the work of 40 artists from 40 countries. **(EXPRESS)**

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Frustrated Crisis Panel Subpoenas Goldman

Washington

A panel probing the causes of the financial meltdown has issued a subpoena for documents from Goldman Sachs Group Inc., accusing the firm of stonewalling an investigation.

The Financial Crisis Inquiry Commission said Monday it had sent Goldman numerous requests for information, documents and interviews.

Goldman didn't respond to some questions, according to panel chairman Phil Angelides. With other requests, it provided billions of pages of documents — far more than the commission staff can process.

"This has been a very deliberate effort over time to run out the clock," FCIC co-chair Bill Thomas said in a call with reporters.

A spokesman for Goldman said the bank has cooperated.

"We have been and continue to be committed to providing the FCIC with the information they have requested," Goldman Sachs spokesman Michael Duvally said. **(AP)**

BP Plans New Containment Cap

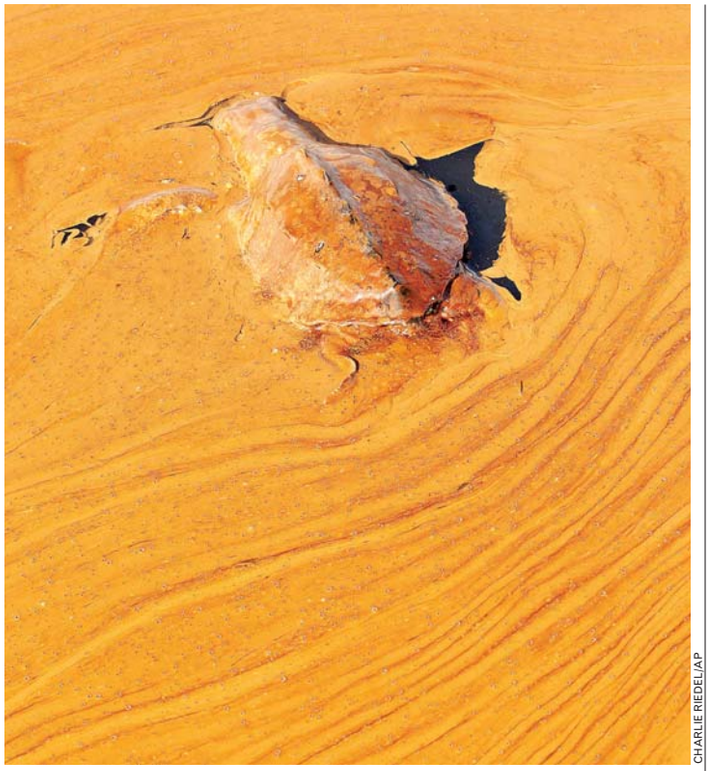
Tighter-fitting seal may help company catch more of the oil

New Orleans

As officials reported a gradual increase in the amount of oil being captured from the spewing wellhead at the bottom of the Gulf of Mexico, BP PLC said Monday that it plans next month to replace the cap collecting the crude with a slightly bigger device.

The newer cap will "provide a better, tighter fit" than the current one collecting roughly one-third to three-fourths of the oil gushing daily from the sea floor, company spokesman Robert Wine said. But it will also allow the oil now being collected to again spew out into the Gulf during the changeover.

The oil began gushing after a BP oil rig explosion April 20 and recently increased in volume after officials sheared off the top of the damaged outflow pipe as part of the latest containment effort. BP believes the bigger cap will fit over more of the pipe.



CHARLIE RIEDEL/AP

A dead turtle floats in a pool of oil in Barataria Bay off the Louisiana coast Monday.

The device is collecting about 466,200 gallons of oil per day, Coast Guard Adm. Thad Allen, the government's point man for the spill response, said Monday. He also elaborated on comments made over the weekend that the spill cleanup would last into fall, acknowledging the full process would take much longer.

"Dealing with the oil spill on the surface will take a couple of months," he said Monday, but the process of getting oil out of marshlands and other habitats "will be years."

The patchy oil slick from the ruptured pipe off Louisiana has stained beaches and marshes in spots along more than 100 miles of coast from Louisiana to the Florida Panhandle, and a sheen on the surface was spotted as far as away about 150 miles west of Tampa, Fla.

President Obama sought to reassure Americans on Monday by saying that "we will get through this crisis" but that it would take dedication.

"This will be contained," Obama said. **(AP)**

69

The percentage of Americans who say the government has done a "not so good" or "poor" job handling the oil spill, according to a new Washington Post-ABC News poll.

BUSINESS

Wall Street gave in to yet another case of last-hour anxiety Monday and drove stocks to their lowest level in seven months. The Dow Jones industrial average, down just 42 points at 3:15 p.m., closed down 115, or 1.2 percent. That extended the Dow's sharp drop from Friday, when it lost 323 after a disappointing jobs report. There was no obvious catalyst for the late slide, although traders were again preoccupied with Europe's economic problems. **(AP)**

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Nation

Soldier Held Over Video

Army investigating leak of classified Iraq footage to Wikileaks

Washington

The Army has detained a 22-year-old soldier in Baghdad in connection with the leak of a military video that shows Apache helicopters gunning down unarmed men in Iraq, including two journalists, defense officials said Monday.

Army Spc. Bradley Manning, of Potomac, Md., now being held in Kuwait pending the results of an investigation, was the third suspected leaker known to have been apprehended under the Obama administration.

"This is a startling pattern for anyone who's been watching the field for a while," said Steven Aftergood, a director of the Project on Government Secrecy at the Federation of American Scientists.

"It certainly shows that this administration is aggressively pursuing leakers" and that "there is essentially zero tolerance for public disclosure of classified information," he said.

WIKILEAKS

This screen grab from a video on Wikileaks.org shows a U.S. attack in Iraq in 2007.

Meanwhile, a convicted computer hacker from California claimed he alerted authorities about Manning after meeting him online, calling the military analyst "a good kid who got a little mixed up."

Army spokesman Lt. Col. Eric Bloom said Monday that Manning has not yet been charged with any crime.

Pentagon spokesman Bryan Whitman told reporters that Manning's involvement in the 2007 video provided to Wikileaks was "something [U.S. authorities] were looking at."

The classified video was taken from the cockpit during a 2007 firefight and posted last April on the Web site Wikileaks.org. The video shows a group of men walking down the street before being repeatedly shot by the helicopters.

An internal Pentagon investigation concluded the troops acted appropriately. **ANNE FLAHERTY (AP)**

Gunman Kills Wife, Three Others at Fla. Restaurant

Hialeah, Fla.

A gunman shot and killed his wife outside a South Florida restaurant where she worked, then targeted women inside and killed three others before committing suicide, police said Monday.

Police said the shooter bypassed at least two men when he fired at the women inside. Three women were hospitalized in critical condition, Hialeah police Detective Eddie Rodriguez said.

ALAN DIAZ/AP

One of the survivors of the restaurant shooting speaks with police Monday.

The shooting Sunday night began in a parking lot outside the Yoyito Restaurant in Hialeah, where Gerardo Regalado was seen arguing with Liazan Molina, Rodriguez said.

Police said Regalado shot and killed Molina, then entered the restaurant and fired at six women. Officers found him dead of an apparent suicide a few blocks away.

Regalado is the half brother of former baseball star Orlando "El Duque" Hernandez. **(AP)**

SETTLEMENTS

Bank of America will pay $108 million to settle federal charges that Countrywide Financial Corp., which it acquired nearly two years ago, collected outsized fees from borrowers facing foreclosure. It's the latest evidence of misconduct at Countrywide, once an industry giant that has since fallen. The settlement, which seeks to refund money to about 200,000 borrowers, was announced on Monday by the Federal Trade Commission. **(AP)**

TECHNOLOGY

Apple CEO Steve Jobs on Monday revealed that the next version of the iPhone, above, will be released on June 24 and will have a higher-resolution screen, a longer battery life and a thinner design. The iPhone 4 will cost $199 or $200 in the U.S. with an AT&T contract, depending on the model. (AP)

Trained Noses to Sniff Gulf Seafood for Oil

Inspectors have been taught to recognize contamination scent

Pascagoula, Miss.

William Mahan bends over a bowl of raw shrimp and inhales deeply, using his left hand to wave the scent up toward his nose. Deep breath. Exhale. Repeat. He clears his palate with a bowl of watermelon before moving on to raw oysters. Deep breath. Exhale. Repeat.

He's one of about 40 inspectors trained recently at a federal lab in Pascagoula, Miss., to sniff out seafood tainted by oil in the Gulf of Mexico and make sure the product is safe to eat.

MARCIO JOSE SANCHEZ/AP

Shrimp caught on the Gulf Coast are being tested to make sure they are safe to eat.

But with thousands of fishermen bringing in catch at docks across the four-state region, the task of inspectors is daunting.

"We're being trained to detect different levels of taint, which in this case is oil," Mahan said. "We started out sniffing different samples of oil to sort of train our noses and minds to recognize it."

The human nose has been used for centuries to aid in making wine, butter and cheese, and is a highly efficient and trustworthy tool, said Brian Gorman with the National Oceanic and Atmospheric Administration.

"Properly trained noses are really remarkable organs," Gorman said.

Even so, inspectors can't be everywhere. The National Oceanic and Atmospheric Administration has also been sampling seafood both in closed and open waters, and sending it off for chemical testing. BRIAN SKOLOFF (AP)

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World

Deadly Day For NATO In Afghan Attacks

Kabul, Afghanistan

Ten NATO service members, seven of them American, were killed in separate attacks Monday on the deadliest day of the year for foreign forces in Afghanistan. A U.S. civilian contractor who trains Afghan police also died in a suicide attack.

The bloodshed comes as insurgents step up bombings and other attacks ahead of a major NATO operation in the Taliban stronghold of Kandahar that Washington hopes will turn the tide of the war.

Half the NATO deaths — five Americans — occurred in a single blast in eastern Afghanistan, U.S. spokesman Col. Wayne Shanks said without giving further details. It was a grim reminder that the insurgents can strike throughout the country — not simply in the south, which has become the main focus of the U.S. campaign.

Two other U.S. service members were killed in separate attacks in the south — one in a bombing and the other by small arms fire.

NATO said three other service members were killed in attacks in the east and south but gave no further details. The French government announced that one of the victims was a sergeant in the French Foreign Legion. **ROHAN SULLIVAN (AP)**

Egypt to Keep Gaza Border Open

Security official says three-year blockade only bred militancy

Sharm El-Sheikh, Egypt

After three years of cooperating in the Israeli blockade of Gaza, Egypt said Monday that it will leave its border with the Palestinian territory open indefinitely for humanitarian aid and restricted travel.

With international pressure building to ease the blockade, an Egyptian security official said sealing off Hamas-ruled Gaza has only bred more militancy.

The decision to ease the restrictions erected by Israel to isolate and punish Hamas comes a week after a deadly Israeli raid on a flotilla bound for Gaza. The move restores a link to the outside world for at least some of Gaza's 1.5 million Palestinians. It also appeared calculated to defuse anger in the Arab and Muslim world over Egypt's role in maintaining the blockade and to show that Egypt, too, is now pressing Israel to open at least its land crossings with Gaza.

"Egypt is the one that broke the blockade," Egyptian Foreign Ministry spokesman Hossam Zaki said. "We are not going to let the occupying power escape from its responsibilities."

EYAD BABA/AP

A Palestinian family returns to the Gaza Strip from Egypt through the Rafah crossing. The crossing will remain open indefinitely.

Meanwhile ...

Palestinians mourned four men who were fatally shot by Israeli naval forces off the coast of the Gaza Strip on Monday, left. The militant group Al-Aqsa Martyrs' Brigades said the four, who had been wearing wet suits, were unarmed members of its marine unit training for a mission. The violent offshoot of Palestinian President Mahmoud Abbas' Fatah faction made the claim in a text message sent to reporters in Gaza. The Israeli military, however, defended its actions, saying the divers had been en route to launch a terror attack on Israeli targets. **(AP/THE WASHINGTON POST)**

The U.S., which has called the border restrictions unsustainable, is among those pressing for changes. Vice President Joe Biden met Monday with Egyptian President Hosni Mubarak in the Red Sea resort of Sharm El-Sheikh.

He released a statement afterward saying the U.S. is closely consulting with Egypt and other allies to find new ways to "address the humanitarian, economic, security, and political aspects of the situation in Gaza." **SARAH EL DEEB (AP)**

DISCOVERIES

Dozens of headless skeletons excavated from a building site in York, England, appear to be the remains of Roman gladiators, one of whom had bites from a lion, tiger, bear or other large animal, archaeologists said Monday. Experts said new forensic evidence suggests the bones — believed to date from the late 1st century to the 4th century A.D. — belong to the professional fighters. York was one of the largest cities in Roman Britain. **(AP)**

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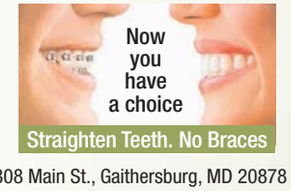

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Seven Guilty in Bhopal Disaster

Ex-workers convicted for negligence in gas leak that killed 15k

Bhopal, India

A court Monday convicted seven former senior employees of Union Carbide's Indian subsidiary of "death by negligence" for their roles in the 1984 leak of toxic gas that killed an estimated 15,000 people in the world's worst industrial disaster.

Survivors of the Bhopal accident, some of whom gathered in this central Indian city chanting slogans, said the light sentences — two years in prison — are too little, too late given the scale of the damage. In India's notoriously slow justice system, the appeal process could drag on for years, while those convicted remain free on bail.

More than 25 years after the disaster, activists say thousands of children are born with brain damage and twisted limbs because of their parents' exposure to the gas or water contaminated by it.

The Union Carbide subsidiary's former employees, all Indian nationals and many in their 70s, were sentenced to two years in prison and ordered to pay fines of $2,175 each. All were released on bail shortly after the verdict.

The rulings appear set for appeals — the bail requests would be a first step in the appeal process.

Rachna Dhingra, a longtime activist with the Bhopal Group for Information and Action, a rights group that works with survivors, blasted Monday's ruling as "a travesty of justice." PRAKASH HATVALNE (AP)

PRAKASH HATVALNE/AP

Survivors of the 1984 gas leak in Bhopal, India, wait for the verdict in the case Monday.

Backstory

On Dec. 3, 1984, a pesticide plant run by Union Carbide leaked about 40 tons of deadly methyl isocyanate gas into the air of Bhopal, killing about 4,000 people immediately. Lingering effects raised the death toll to about 15,000 over the next few years. In all, at least 500,000 people were affected by the leak, India's government says. (AP)

S. African Stampede Is Wake-Up Call for World Cup

Johannesburg

No one was killed. Most of the injuries were minor. Yet a stampede at a supposedly low-key warm-up match set off alarms for World Cup organizers as they reassessed their plans for keeping fervent sell-out crowds under control.

Hopes for a safe tournament remain high, officials said Monday. But the scary incident at a Nigeria-North Korea exhibition match was a stark reminder of past stadium disasters that have been one of soccer's deadly legacies.

"This is like an alarm clock," FIFA president Sepp Blatter said. "This will not happen in any match of the World Cup — you can be assured."

FIFA stressed that it played no role in arranging Sunday's match at a stadium in Tembisa, a black township near Johannesburg. Crowds seeking some of the 10,000 free tickets on offer twice charged the gates; a policeman was seriously hurt. (AP)

STEPHANE DE SAKUTIN/AFP/GETTY IMAGES

Officials look at a fence that collapsed in a stampede in a stadium in South Africa.

Hearsay

"The decisions we make will affect every single person in our country."

— **DAVID CAMERON,** BRITISH PRIME MINISTER, WARNING IN A SPEECH ON MONDAY THAT PAINFUL CUTBACKS ARE NECESSARY BECAUSE "THE OVERALL SCALE OF THE [COUNTRY'S FINANCIAL] PROBLEM IS EVEN WORSE THAN WE THOUGHT."

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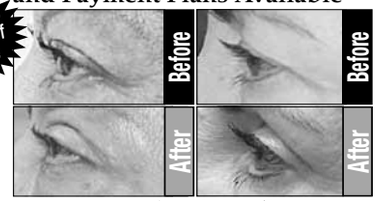

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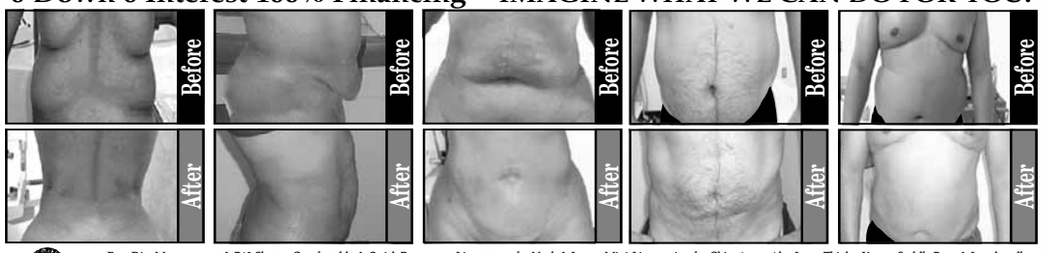

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World

Kim's Relative Is Named His No. 2

North Korean leader's brother-in-law could become next ruler

Seoul, South Korea

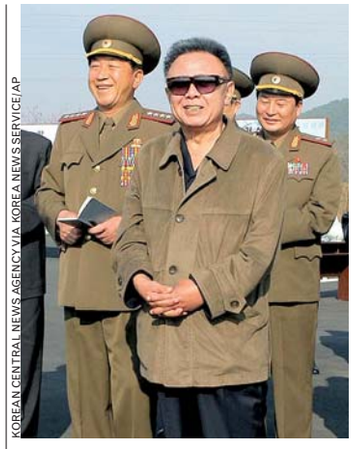
The brother-in-law of Kim Jong Il was promoted to the No. 2 spot in the secretive nation's leadership, a position that could allow him to become the next ruler or a kingmaker who will decide which of Kim's sons succeeds him.

The announcement was made after a rare parliamentary session reportedly attended by the reclusive Kim, who is believed to have suffered a stroke two years ago. It was difficult to assess the 68-year-old leader's health because Pyongyang's state-run television showed only a long shot of him, sitting behind a desk in the middle of a long line of parliamentarians.

The rubber-stamp parliament usually meets once each year to approve bills vetted by the ruling Workers' Party. The body met in April, and no reason was given for holding Monday's session.

The session came amid worsening economic woes, succession issues and a South Korean campaign to get the United Nations to punish Pyongyang for a ship attack in March that killed 46 sailors. North Korea denies sinking the ship.

Lining up a successor to Kim has long been one of North Korea's most pressing issues, and it continues to fuel speculation about the nuclear-armed nation.



KOREAN CENTRAL NEWS AGENCY VIA KOREA NEWS SERVICE/AP

In an undated photo released Monday, Kim Jong Il visits a farm in Pyongyang.

Kim's brother-in-law, Jang Song Thaek, already had immense power as the head of intelligence and the overlord of the prosecutor's office, the police and the courts.

Jang was promoted to vice-chairman of the all-powerful National Defense Commission, which makes security policy, and now sits in the No. 2 position, said Yang Moo-jin, a professor at the Seoul-based University of North Korean Studies.

Jang, married to Kim's younger sister, is widely believed to be a key backer of the North Korean leader's third son, Jong Un, who several analysts think will be Kim's eventual successor. **WILLIAM FOREMAN (AP)**

Afghan Sacking an 'Internal' Issue

London

U.S. Defense Secretary Robert Gates urged Afghan President Hamid Karzai on Monday to replace two top security officials with ministers of "equal caliber," and said the sacking of the pair does not signal trouble in Karzai's government over efforts to seek a peace deal with the Taliban.

Gates stepped gingerly in answering questions about the significance of the resignations Sunday of the two men who U.S. officials had often singled out by name as examples of competence in a government riven by corruption.

"It's obviously an internal matter for the Afghans," Gates said. **(AP)**

Police: Mother, Son Found Dead

Terminal diagnosis may have motivated murder-suicide in Md.

Fort Washington, Md.

A woman in her 60s recently diagnosed with terminal cancer apparently shot and killed her disabled son, then killed herself, and detectives suspect the woman feared that her disease would leave her unable to care for her adult son, authorities and law enforcement sources said.

Both bodies were discovered about 8:30 a.m. Monday, when a neighbor in the 1600 block of Clarion Terrace in Fort Washington called to ask police to check on the family because something seemed amiss.

Officers found both bodies inside and a crime scene consistent with a murder-suicide, said Deputy Chief Kevin Davis, who heads the Prince George's County Police Department's Bureau of Support Services.

He said officers recovered a handgun from inside the house, and they suspect it was used in the killings, which occurred in the 24 hours before the bodies were discovered.

"It's just a tragedy," Davis said. "It's just, you look back on it, and was there an opportunity to cry out for help in a way that's different from this?"

Davis said the mother was "recently" diagnosed with a terminal illness, and her son, who was in his 30s, had been wheelchair-bound for several years.

"All that apparently played into this tragic murder-suicide," he said. **MATT ZAPOTOSKY (THE WASHINGTON POST)**

GERALD MARTINEAU/FTWP

Prince George's County police remove a body from a Fort Washington house Monday.

"It's just a tragedy. You look back on it and [wonder] was there an opportunity to cry out for help [in a different way]?"

— **DEPUTY CHIEF KEVIN DAVIS,** OF THE PRINCE GEORGE'S COUNTY POLICE DEPARTMENT'S BUREAU OF SUPPORT SERVICES, ON THE APPARENT MURDER-SUICIDE.

MLK Memorial Delivery Suffers Delay Overseas

Washington

Greece's economic crisis is delaying the giant pieces of sculpture for the new Martin Luther King Jr. Memorial in Washington.

Greece had offered to transport the sculpture from China to the United States for free because of its admiration for King.

Now, the 159 huge stone blocks are waiting at a Chinese seaport, and Greek officials have told memorial organizers that they can't deliver because of the economic crisis.

Project architect Ed Jackson Jr. says the memorial foundation budgeted money for the shipment, but a new shipper has not yet been lined up. Jackson wanted the stones shipped by May 1, Now he's hoping for them to arrive by the end of July. **(AP)**

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Local

Man Sentenced For Tossing Dog Off Md. Bridge

Frederick, Md.

A Brunswick man who threw a stranger's Chihuahua off a bridge, apparently to its death, has been sentenced to four months in jail.

David Beers, 35, was sentenced Monday in Frederick. The judge suspended a three-year prison term and ordered Beers to pay a $1,000 fine and perform 300 hours of community service.

Beers apologized for stealing the dog in a fit of anger after the Wantzes ordered him off their property in rural Jefferson last year. **(AP)**

Fairfax Blames Computers for Drop in Tickets

Fairfax, Va.

A new computer system being used by Fairfax County police is being blamed for a drop of nearly 30 percent in the number of tickets officers have been writing.

The new system launched in January. Through mid-May, Fairfax officers wrote 17,600 fewer traffic tickets, a drop of nearly 28 percent compared with the same period last year.

Police say the new system is cumbersome and time-consuming. The drop meant more than $1 million in lost revenue. **(AP)**

washingtonpost.com

TRACY A WOODWARD/TWP

SARA SHOKRAVI, who moved to the United States from Iran when she was 8 years old, picks mulberries next to the Key Bridge in Rosslyn on Thursday. Though many Americans consider the fruit a nuisance, for some it is a versatile delicacy that reminds them of home. | **washingtonpost.com/local**

The Lotteries

Monday, June 7

District

Mid-day Lucky Numbers	4-2-5
Evening Lucky Numbers (Sun.)	6-3-8
Mid-day DC 4	8-0-3-9
Evening DC 4 (Sun.)	6-8-5-8
Mid-day D.C. Five	3-3-2-8-7
Evening D.C. Five (Sun.)	5-7-2-4-8
Daily 6 (Sun.)	16-20-23-27-28-37 (32)

Maryland

Mid-day Pick 3	6-4-6
Evening Pick 3 (Sun.)	1-8-9
Mid-day Pick 4	5-5-2-8
Evening Pick 4 (Sun.)	7-1-8-9
Match 5 (Sun.)	7-9-24-29-35 (26)

Virginia

Mid-day Pick 3	2-2-1
Evening Pick 3 (Sun.)	8-5-7
Mid-day Pick 4	6-9-2-5
Evening Pick 4 (Sun.)	1-2-6-1
Mid-day Cash 5 (Sun.)	13-14-17-21-30
Evening Cash 5 (Sun.)	1-10-12-27-33

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Our leaders, both political and corporate, have ripped off the whole world economy. Social Security will be wiped out by inflation. And the Fed will continue to print money. In my opinion, all of this means the middle class in America is "toast!"

I'm Robert Kiyosaki, educator, investor, and author of the all-time bestseller on personal finance, Rich Dad Poor Dad. I say …

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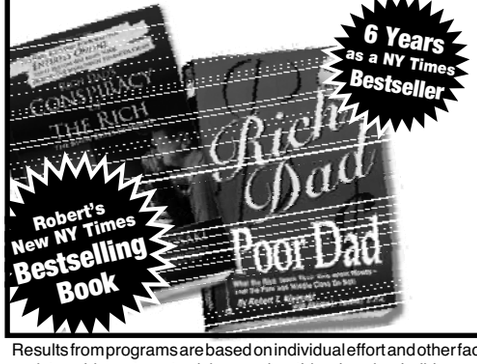

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Robert Kiyosaki will not attend this event

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D.C. Fixture Calls It Quits

Helen Thomas ends storied journalism career after hostile remarks about Israel

Washington

Helen Thomas, the opinionated White House correspondent who used her seat in the front row of history to grill 10 presidents and often exasperate them, lost her storied perch Monday in a flap over calling on Israelis to get "out of Palestine."

Thomas, 89, who made her name as a bulldog for United Press International and was a pioneer for women in journalism, abruptly retired as a columnist for Hearst News Service. The announcement, in a terse statement by Hearst, came after videotaped remarks she made to an independent filmmaker spread virally through the Internet.

She apologized, but White House spokesman Robert Gibbs denounced her comments as "offensive and reprehensible." Her press corps colleagues with the White House Correspondents' Association issued a rare admonishment, calling them "indefensible."

Her retirement was set in motion by a Web site, Rabbilive.com, that relaunched only last week after having previously existed to beam religious services to military personnel in Iraq and Afghanistan.

Rabbi David Nesenoff, an independent filmmaker from Long Island who runs the Web site, said he approached Thomas outside the White House after being there for Jewish Heritage Day on May 27. He said he was there with his teenage son and a friend, who were both wearing yarmulkes, and approached Thomas to talk.

AP

MEMBER OF THE CLUB: Helen Thomas began covering the White House for UPI in 1960. Fiercely competitive, she became the first female White House bureau chief for a wire service when UPI named her to the position in 1974. She was also the first female officer at the National Press Club, which had once barred women as members. She retained her place in the front row of the White House briefing room after joining Hearst in 2000 and remained persistent to the point of badgering.

ALEX WONG/GETTY IMAGES

PRO-ARAB VIEWS: A daughter of Lebanese immigrants, she did little to hide her pro-Arab views. During George W. Bush's presidency, her questions to both the president and his press secretaries were almost exclusively about the war in Iraq. True to form, she sharply questioned President Obama two weeks ago: "Mr. President, when are you going to get out of Afghanistan? Why are you continuing to kill and die there? What is the real excuse?"

CHARLES DHARAPAK/AP

He asked whether she had any comments on Israel. "Tell them to get the hell out of Palestine," she replied.

"Remember, these people are occupied, and it's their land. It's not Germany, it's not Poland," she continued. When asked where they should go, she answered, "They should go home."

"Where's home?" Nesenoff asked.

"Poland, Germany and America, and everywhere else," Thomas replied.

Thomas had been scheduled to speak at the June 14 graduation at Walt Whitman High School in the Washington suburb of Bethesda, Md., but Principal Alan Goodwin wrote in a Sunday e-mail to students and parents that she was being replaced.

"Graduation celebrations are not the venue for divisiveness," Goodwin wrote.

Writing on her Web site Monday, Thomas said, "I deeply regret my comments I made last week regarding the Israelis and the Palestinians."

She added: "They do not reflect my heartfelt belief that peace will come to the Middle East only when all parties recognize the need for mutual respect and tolerance. May that day come soon."

A statement signed by officers of the White House Correspondents' Association said: "Many in our profession who have known Helen for years were saddened by the comments, which were especially unfortunate in light of her role as a trail blazer on the White House beat."

Time and again, Thomas issued a caveat about her work: "In my career, you're only as good as your last story."

In her case, that last story turned out to be about her. **(AP)**

"Helen had a special stature that she earned. That's what's so sad, in that she diminished what she earned."

- **ARI FLEISCHER,** FORMER SPOKESMAN FOR PRESIDENT GEORGE W. BUSH, ON HELEN THOMAS' RETIREMENT. FLEISCHER SAID JOURNALISTS HAD PRIVATELY EXPRESSED DISCOMFORT TO HIM OVER WHAT THEY PERCEIVED AS THOMAS' ADVOCACY IN THE WHITE HOUSE PRESS ROOM.

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From a mere can't-miss prospect to a messiah, Stephen Strasburg's hype has hit its peak. Now,

LET'S SEE WHAT HE'S GOT

The Nationals

"Baseball Jesus" is coming.

Right-hander Stephen Strasburg, the most heralded pitching prospect to reach the majors in generations, will debut Tuesday night at Nationals Park, filling the stadium with fans drawn by some blend of curiosity, excitement, anticipation and childlike hero worship.

His new teammates bestowed the biblical nickname on him in spring training when it became apparent that his reputation was built on equal parts hype and reality.

With stories of his prowess sliding off the press in nearly every major national publication, it would seem difficult for the 21-year-old to live up to the advance billing. But he's done it at every stop thus far.

"I feel like I've been ready," Strasburg told reporters after his final minor-league start last week.

He was the only collegiate player on the 2008 Olympic team after his sophomore season at San Diego State. Against the Netherlands and Cuba, he pitched a combined 11 innings, allowing only two earned runs and striking out 16.

By the time his junior year came around, scouts flooded his every start until he'd persuaded Washington to take him with the No. 1 pick in the 2009 draft. From there, he dominated in the Arizona Fall League and then against Class AA and Class AAA competition this season.

"Why is he here?" Buffalo Bisons manager Ken Oberkfell asked after Strasburg worked the Bisons over in his minor-league farewell. "He's major league."

In 11 starts at Harrisburg and Syracuse, Strasburg went 7-2 with a 1.30 ERA.

A complicated blend of baseball politics and economics kept him from reaching Washington until now, but he arrives at a time when the Nationals most need a jolt of something good. The team that was surprisingly competitive for most of the season's first two months has struggled lately, losing seven of its last nine games.

He'll debut against the Pittsburgh Pirates in front of a packed house. So far, without ever stepping on a major-league mound, he's brought as much excitement to a single game as any since baseball returned to Washington in 2005.

And even stoic baseball men such as Nationals Manager Jim Riggleman are anxious to see what Strasburg will bring to the club.

"Certainly, you can't help but dream a little bit and hope that this guy ends up being one of the star pitchers in baseball," Riggleman said. "But he's got to go out there and throw his first pitch first, and when he does that, we'll all get a better read on it." DEREK TURNER

The Biggest Show in Town

For the first time since President George W. Bush threw out the opening pitch at RFK Stadium five years ago, the Washington Nationals will be the focus of the baseball universe Tuesday night.

- How big is Stephen Strasburg's debut? None other than **Bob Costas** will be anchoring the Major League Baseball Network's coverage. ESPN's "Baseball Tonight" will also broadcast from inside Nationals Park.
- Oh, and by the way, the game will be just the **ninth sellout** since the new stadium opened along the Anacostia waterfront.
- The Nats are, for the first time, selling individual suite seats. And the team will make **2,000 standing-room-only tickets** available at 1 p.m. Tuesday for $10 a pop.
- The **average price for a ticket** to Tuesday's game has been $103.28 — or more than double the average cost of a ticket to a Nats game — since Strasburg's debut was announced on June 1. (EXPRESS)

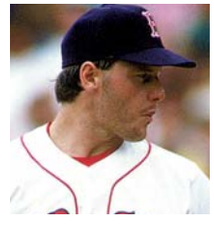
Meanwhile ...

On the eve of unveiling last year's No. 1 draft pick, the Washington Nationals on Monday selected 17-year-old Bryce Harper with the top overall selection in the 2010 draft. A catcher for the College of Southern Nevada, Harper may be battery mates with Strasburg someday, but speculation is he'll play a different position as a pro. The Nats have until Aug. 15 to sign Harper. (EXPRESS)

First Starts

TOM SEAVER
NEW YORK METS VS. PIT
Stats: 5.1 IP, 6 H, 8 SO, 4 BB, 2 ER
The Date: April 13, 1967
The Story: Tom Terrific's first win came a week later against the Cubs, and he eventually was named rookie of the year with a 16-13 record. He went on to win three Cy Young awards.

DWIGHT GOODEN
NEW YORK METS VS. HOU
Stats: 5.0 IP, 3 H, 5 SO, 2 BB, 1 ER, W
The Date: April 7, 1984
The Story: His opening start was a precursor to a brilliant rookie season in which he went 17-9and led the league in strikeouts (276, a rookie record). A year later, he won the Cy Young and then won the World Series in 1986.



ROGER CLEMENS,
BOSTON RED SOX VS. CLE
Stats: 5.2 IP, 11 H, 4 SO, 3 BB, 4 ER
The Date: May 15, 1984
The Story: The Rocket also got his first win in his second start and finished 9-4 in his rookie campaign. He won seven Cy Young trophies before retiring in 2007.

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Lakers Teed off to Head to Boston Tied

Celtics seek to claim championship before series goes back West

Pro Basketball

Chin resting in his hand, mouth barely moving as he spoke, Kobe Bryant had the look of someone who would have rather been anywhere but Staples Center.

The next few nights might make him long to be back home.

The NBA's best rivalry is returning to its East Coast headquarters, the site of perhaps the most miserable moment of Bryant's career last time he and the Los Angeles Lakers were in Boston for the finals.

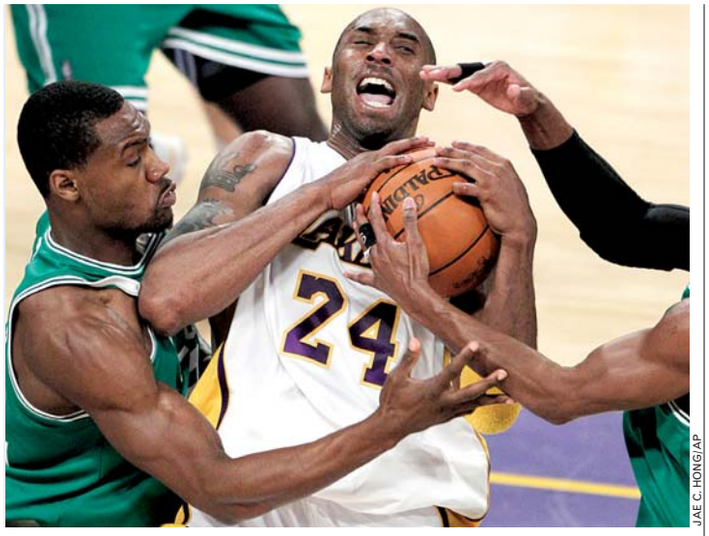
And the Boston Celtics and their green-clad fans can't wait to welcome him back. "I feel good going back to the jungle," Celtics forward Kevin Garnett said Sunday.

V

9P.M. | ABC
Tuesday

THE FINALS

Those familiar "Beat L.A! Beat L.A!" chants that have echoed through TD Garden during so many springtimes will be booming again, and the Celtics can lock up an 18th NBA title if they can do just that three times.



JAE C. HONG/AP

The Celtics' defense frustrated Kobe Bryant and the Lakers in Boston's Game 2 win.

Game 2 is Tuesday night, followed by games Thursday and Sunday in Boston.

The Celtics evened the series at a game each with their 103-94 victory in Game 2, with guards Rajon Rondo and Ray Allen taking turns punishing the Lakers, and Bryant often powerless to stop them because of foul trouble.

A fuming Bryant had little to say afterward, offering only terse responses to reporters. "It's the most important game. Game 1 was the most important, Game 2 was the most important, now it's Game 3," Bryant said. "It's just the next game, simple as that." BRIAN MAHONEY (AP)

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Sports

Langhorne's Hard Work Pays Off

The Mystics

Last year, Washington Mystics forward Crystal Langhorne earned the respect of the WNBA by winning the league's Most Improved Player Award. This year, she's won the admiration of her head coach.

After the Mystics' 86-79 overtime loss to the first-place Atlanta Dream Saturday, Mystics head coach Julie Plank praised Langhorne, who scored 23 points and grabbed eight rebounds.

"I always call her the perfect 10," said Park, who kept Langhorne on the floor for the entire fourth quarter and overtime. "She's always wanting to get better. She's never satisfied. She comes early. She stays late. There's not a bad thing I can say about her."

FRED BECKHAM/AP

Crystal Langhorne, right, is averaging more than nine rebounds per game.

Last year, her second season in the league out of the University of Maryland, Langhorne improved both her rebounding and her offense, averaging 12 points and almost eight rebounds per game. In trying to advance further, the forward said she's focused on being able to score with both hands.

"Everyone knows I like to go left," she said. "I think this year you might catch me — I'm not saying I do it all the time, but I think I've been [going right] more than last year."

Even though she's averaging 16 points and more than nine rebounds per game, Langhorne says she has room to grow.

"I still think I need to improve a lot," she said. "I had some crucial turnovers near the end of the game, and just being confident when I turn the ball over not to hang my head." JOE BUBAR

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Sports

In Brief

PRO BASKETBALL

Cavs Interested in Izzo

Izzo

Michigan State athletic director Mark Hollis told The Associated Press on Monday the Cleveland Cavaliers are interested in Tom Izzo but haven't given him the chance to replace fired coach Mike Brown — yet. The News-Herald of Willoughby, Ohio, reported Sunday the Cavs have made Izzo an offer to be their coach. **(AP)**

COLLEGE HOCKEY

Yale Player Needs Bone Marrow Donor to Live

Doctors say a Yale women's hockey player has about a month to find a matching bone marrow or cord blood donor to save her life. Mandi Schwartz has acute myeloid leukemia. She found out in April that the cancer, which had been in remission since May 2009, had returned. **(AP)**

COLLEGE FOOTBALL

Mountain West Stands Pat

The presidents of the Mountain West Conference voted Monday not to expand the nine-team league at this time. Boise State hoped to join the conference, but will have to wait. **(AP)**

TV Lineup

NATIONALS (7 P.M., MASN2) In case you haven't heard, some rookie named Stephen Strasburg is debuting for the Nats against the Pirates.

ORIOLES (7 P.M., MASN) The Orioles-Yankees game gets original MASN treatment over Strasburg's debut.

NBA PLAYOFFS (9 P.M., ABC) The Los Angeles Lakers aim to avenge their Game 2 loss to the Boston Celtics.

SOCCER (3:55 P.M., ESPN2) Spain plays Poland in a World Cup warm-up.

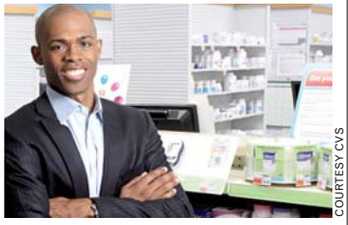
COLLEGE SOFTBALL (8 P.M., ESPN2) It's Game 2 of the college World Series finals in Oklahoma City.

fit

Guinea Pig | Born to Run

Those wobbly, curved bottoms aren't the only thing that scared our tester about jogging in Skechers Resistance Runners ($150, Skechers USA in Tysons Corner Center). The slogan "Run Less. Get More" and claims of extra muscle activation and calorie burn (up to 13.2 percent!) made it sound as though the shoes would kill in the long run. A few miles later, our feet were hotter than usual but otherwise quite happy to keep pounding.

Body Talk



COURTESY CVS

Feel-Better Fairs

Doctors don't make house calls anymore. But that still doesn't mean you have to go very far for health advice — at least not this summer, when CVS is hosting 100 "To Your Health" fairs at its stores in the D.C. region (see dates at Toyourhealthusa.com).

Folks who mosey on down to a local pharmacy hosting the program can get a battery of health risk assessments and screenings, along with info on common ailments. And if the thought of a blood pressure cuff doesn't get your heart racing, maybe Dr. Ian Smith will. The dashing doctor, above, behind the 50 Million Pound Challenge and VH1's "Celebrity Fit Club" is kicking off the series this Saturday at noon (at 110 Carroll St. NW) with warm-up exercises and words of wisdom. He's especially eager to talk about preventing diabetes: "There's a resignation in certain families that it's inevitable, but that's not true."

By Vicky Hallett

If he convinces anyone, maybe they'll show up at the National BBQ Battle (June 26-27, Bbqdc.com). No, not for the ribs, but for the Dance Your Ass Off Tour (Dyao.oxygen.com), which is encouraging participants to shake it to burn calories. That's not bad health advice either.

@ To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

MARGE ELY/EXPRESS

To the left of the surgeon general is Pam Peeke, the Bethesda-based doctor who's training Benjamin for her Grand Canyon hike.

A Walk With Doc

Surgeon General Regina Benjamin is putting on sneakers to change America

Interview

Fixing our nation's health care problems is definitely an uphill battle, so it's lucky that our surgeon general is a mountain climber. Dr. Regina Benjamin got her first taste of hiking heights years ago in Colorado and has been ascending ever since — Mount Massive, Aspen Mountain, Sundance Mountain. And now she's setting her sights on her highest peak yet: Mount Kilimanjaro.

So, when she kicked off her Walk the Nation series last week in Baltimore at the American College of Sports Medicine's annual meeting, Benjamin wasn't just strolling for a photo op. She was training. "It's one step at a time," says Benjamin, who's warming up for her ultimate goal by conquering the Grand Canyon this September.

That hike won't exactly be a walk in the park either, especially considering her hectic travel schedule. "During the month of May, I was on an airplane 20 days," she says. So, she walks between flights and tries to hit the treadmill or elliptical machine whenever possible. "I'm just like any other American, fitting it in," she adds.

Well, ideally, that's what those 300 million Americans are doing. But not enough of them have been, hence Benjamin's decision to start leading a walk after every talk. It's an extension of the Bayou on the Move program in place at her Alabama clinic, which promotes the idea of reaching 10,000 steps per day with the help of a shrimp mascot in sneakers. There's a path around the facility, and even during the aftermath of Katrina, teams of folks would get a move on.

"I take it slow. I'm in no rush," Benjamin says of her climbing style, and that's what she's urging the public to do with these walks. "Hopefully, they'll join me and we'll do it together," she says, showing off the positive attitude she thinks needs to replace the usual discouraging discourse. "The goal isn't to lose weight," Benjamin says. "It's to be healthy and enjoy it."

Best Medicine

When Benjamin was in Baltimore, she signed a gigantic prescription for America — for exercise ("Refills unlimited"). It was in support of the American College of Sports Medicine's Exercise Is Medicine initiative, which is encouraging doctors to consider physical activity as a vital sign. As Benjamin puts it, "A 30-minute walk is better than any pill."

"The goal isn't to lose weight. It's to be healthy and enjoy it."

Maybe that explains why her favorite form of exercise is dance. She attributes her love of second line — a style performed during Mardi Gras — to her Southern upbringing. But when it comes to cutting a rug, she's not geographically snobby. "I like any kind," she promises. "Swing dance, electric slide, Cupid shuffle." A series of surgeon general dance parties? It could happen.

But for now, Benjamin is focused on climbing — both literally and figuratively. She tells the story of how one day, she was rock climbing and got stuck. "I couldn't find a place to grab, but I refused to go back down. So, I moved to the side, and then I could continue to ascend," she says. It's a metaphor she thinks about whenever an obstacle blocks her way.

"The other thing I learned is that while you can do it by yourself, it's harder to do it by yourself," she says. "And you should always be reaching back and bringing others with you." Guess that means we should all get ready to take on Mount Kilimanjaro. VICKY HALLETT (EXPRESS)

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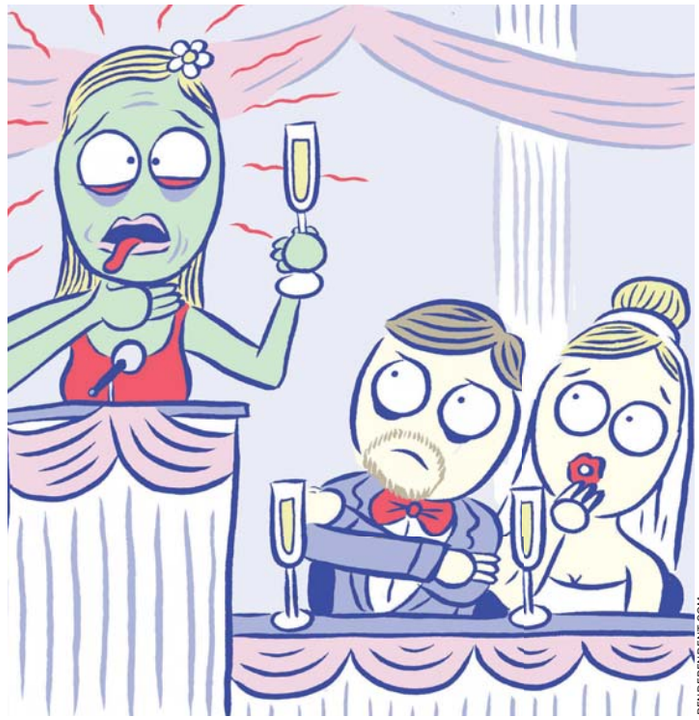

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Don't Gag on Your Toast

Q My sister is about to marry a total jerk. He's obnoxious and thinks he's above my whole family. I cannot stand being in the same room as him. Luckily, the wedding is small, and my sister's not having bridesmaids. But now people are talking about toasts, and I think I would gag if I had to say anything positive about him. Get me through this! **HELPLESS SISTER, VA.**

I can't help but be curious — totally for my professional responsibilities, of course — what the rest of your family thinks of this guy. If they're not as bothered, it's reasonable for them to take over any toast-mastering (and fake smiling) duties. But if they share your repulsion, you might need to come up with a joint plan (Drawing straws? A test of intestinal fortitude?) to figure out who steps up.

The deeper issue, of course, is how you'll handle not just the champagne, but also their marriage. I assume that if he is treating her poorly, you are not putting on too much of a smile. Being a know-it-all to your family is one thing, but if he is overly disrespectful or dominating to your sis, you owe it to her to express your concern.

A Small Change Can Be a Big Deal

Q My husband works 7 a.m. to 3 p.m. I often have to work late — and on weekends. By the time I get home, we have a quick dinner and he wants to go to bed. Then the whole day starts over again. I sometimes feel like we barely see each other, and when we do, we're both exhausted. We've been married only 11 months, and this isn't the way I pictured married life! **FRUSTRATED NEWLYWED**

If I were a women's magazine, I would immediately decree "Date Night Time!" and advocate sending each other sexy texts during the day. But I think those interventions are often too temporary and hard to maintain. The truth is, there's no magic solution for not having enough time together, except building in more time together.

You either have to find a way to be more energized in the small amount of time you do have, or you must change your schedules. I'm sure it seems like a drastic measure for either one of you to change your hours or jobs, but when you're establishing what might become a precedent in your marriage, the more open to alternative possibilities you are, the better. It beats a case of "Shoulda, Woulda, Coulda" 15 years from now.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Night Moves

Too many sedentary happy hours will make you sad when you look in the mirror. So, make sure you're wearing your dancing shoes when you get off work Wednesday. That way, you can head directly to Rosslyn's Party in the Plaza in front of the Spectrum Theatre (1611 N. Kent St.) for a free 30-minute salsa lesson, followed by two hours of live music and dancing. The weekly 5:30-8 p.m. series continues through July. See Rosslynva.org for details.

My Pal, My Coach

Pep talks during a race can help you get to a faster finish

Running

You can try to teach the voices in your head to repeat, "Almost there!" and, "Keep it up!" throughout a race. But it's easier to get a friend to do it. And besides the bonding benefits, having a speedy pal coach you to the finish can be the key to achieving your goals, from your fastest marathon time to simply surviving a 5k.

"Just striking up a conversation can ease the pain," says Joe Schultz, 32, who has both been coached through marathons and served as a "pacer" to others. Having a personal cheerleader helps you "keep plugging along," says Schultz, manager of Pacers Running shop (Runpacers.com) in Alexandria.

Pacing is common in long-distance races because friends can help distract from the hours it takes to cover many miles. But it provides a boost at any distance. It's not uncommon to see friends or family jump into the final half-mile of the annual Lawyers Have Heart 10k in Georgetown, says Hilary Sama, the special events administrator for the race, which will see its 20th running at 8 a.m. on Saturday (Runlhh.org).

"It's not a huge deal" when a non-registered person jumps onto the route for a few minutes, Sama says, but she encourages any longer-distance pacers to contact her beforehand to let her know they'll be coaching a friend. In many cases, the pacer must register for the race and fill out a waiver for medical reasons. "Our race is in June, and if someone gets dehydrated or passes out during the race, we want to know who that person is," Sama says.

GETTY IMAGES

"You need to have the ability to realize that a person is going to get tired or upset."

Kathy Dalby, a managing partner and racing director for Pacers Events (which is a sister company of Pacers Running Stores) notes that many runners frown upon people-being on a course when they're not registered. In some races, "bandits" can be yanked off the road and disqualified from future events.

"Just because someone's pacing you doesn't mean that person isn't using resources," says Dalby, who directs up to 25 races per year. "We're still paying for that road closure, the water they may be taking and the post-race food."

Veteran pacer Neil O'Callaghan, 39, says whenever he coaches a runner, he steers clear of race goodies and carries enough Gu and water for himself and the friend who is actually competing. He also says he tries to bring the right attitude to be most helpful to his racing friends.

"You need to have the ability to realize that a person is going to get tired or upset or frustrated," says O'Callaghan, of Alexandria. When he paced a friend through the second half of the Pittsburgh Marathon last year, he offered encouragement at every mile, "but I also asked her to let me know when she no longer wanted to hear my voice," O'Callaghan says. She took him up on the offer as fatigue set in near the end of the race but ultimately fulfilled her dream of qualifying for the Boston Marathon.

Gratitude from friends isn't the only perk for "pacers," O'Callaghan adds. "You get all of the benefits of the race, in terms of crowd support, and you're not necessarily stuck running 26 miles," he says. "I think it's a fantastic experience."

KATIE ABERBACH (EXPRESS)

LAWRENCE LUK

A proper paddle stroke takes a toll on your arms and back, especially if you're new.

Armed With a Paddle

Enter the dragon boat to buff up and build confidence

Team Sports

Twenty people doing the exact same thing at the exact same time. That's the way to win in dragon boating, a 2,000-year-old Chinese sport that involves racing vessels that resemble fire-breathing reptiles. "You have to throw out your misconceptions about leisurely canoeing," says Sharon Hong, youth coordinator for the National Capital Area's Women's Paddling Association (Ncawpa.org), which has been racing the narrow boats since 1992.

Find out whether you have what it takes to join them at the group's Paddlefest 2010 this Saturday at the Anacostia Community Boathouse (1105 O St. SE). Session 1 (10:30 a.m.-2 p.m.) is geared toward newbies who need to learn technique — a proper stroke requires plunging the blade into the water while whipping your torso around. Get the hang of that, and you're invited to join more-seasoned paddlers for session 2 (2:30 p.m.-6:30 p.m.), which will give you a chance to race. (Each session is $5 and includes a meal. Sign up at Tiny.cc/paddlefest2010.)

Despite the "Women's" in the name, both guys and gals are welcome — and as of last year, when the youth program started, so are kids as young as 12. Not a jock? Don't sweat it, says Jane Crawford, who paddles for NCAWPA's GoPink!DC team, whose members are breast cancer survivors and supporters. Many people in both "the floating support group" and the DC Dragons (NCAWPA's coed adult team) had never tried a team sport before this one.

That's not to say dragon boating isn't athletic. Before hopping in the boat, the teams go through a serious warm-up and stretches, which come in handy when you're trying to push through an exhausting 1,000-yard interval. And after a day of practice, you're sure to feel it in your shoulders and lower back.

But because it's a relatively new sport to the U.S., beginners aren't at much of a disadvantage if they're willing to put in the effort to practice. "Everyone starts without knowing what they're doing," assures DC Dragon's program manager, Su Chuen Foo. Even the top paddlers have only a few years of experience, and the diverse crew is eager to build their numbers.

So, if your timing is good, the time is now. VICKY HALLETT (EXPRESS)

Free World

Summer Plans, on the Rocks

Maybe it's true that there's no such thing as a free lunch. But a free rock climbing class? That's totally real if you sign up for the **North Face** e-mail/mailing list by the end of June. Type in your details on Thenorthface.com (bottom right corner of the site) or scribble down your info at the Georgetown store (3333 M St. NW) and you'll qualify for a pass to an intro class at either SportRock location (5308 Eisenhower Ave. in Alexandria and 45935 Maries Road in Sterling, Va.; Sportrock.com). You can use your pass — a $50 value — anytime during the month of July.

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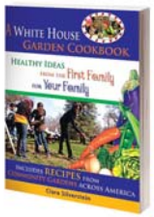
Harvesting a Healthier Nation

The White House garden produces more than veggies

Q&A

Clara Silverstein's "A White House Garden Cookbook" ($25, Red Rock Press) has plenty of dirt on Michelle Obama — and the 55 fruits, veggies and herbs that she's grown at 1600 Pennsylvania Ave. during the past year. The book (which is inspired, not sponsored, by the White House project) brings together recipes from community gardens across the country that are certainly fit for the first family — and yours.



What makes the White House garden significant?

It's the first garden that a first lady has had since the 1940s, when Eleanor Roosevelt had a victory garden. That was during World War II, so the symbol there was that Americans could be self-sufficient. The symbol is different now; it's about good health. It's also nice that, since the beginning, Mrs. Obama has involved children with her in the garden.

COURTESY RED ROCK PRESS

The main inspirations for the first lady's garden: her daughters — and other kids.

What would surprise people about the White House garden?

It's very peaceful in there. I think we think of the White House as such a public spot and a ceremonial spot. And this is a very tranquil place. What's strange is you can stand in the garden and look out and see all the tourists passing by and peering in, and you get a great view of the Washington Monument, of course. But you could also forget that you're at the White House when you're in the garden.

How has the White House garden affected our ideas of food and eating?

In a way, it's kind of come full circle. Back in Thomas Jefferson's time [the first president to garden at the White House], people had to grow what they ate, because the transportation system wasn't really as evolved. So, field-to-table was a matter of course. It's nice for people to get back to that. And also, the first lady always tends to be a trendsetter. So, if Mrs. Obama is out there gardening, it inspires a lot of people to get out and give it a try. It makes it seem more approachable.

> **"If Mrs. Obama is out there gardening, it inspires a lot of people to ... try."**

What makes gardening a good activity for kids?

Kids love getting out of their normal classroom activities and being outdoors. It's also extremely hands-on. They don't just have to sit and listen — they can really get up and do. A really good teacher can help tie in some science lessons and some math lessons, and you can even have cooking lessons.

Any recipes that might inspire kids to eat more vegetables?

There's one called lettuce wraps [see right]. Basically, you're taking a leaf of lettuce and sprinkling in some vegetables. You can put dressing in it or not, and then you can roll it up and dip it in dressing. The idea is putting all these different vegetables in a fun package. There's also a recipe for a fruit salad with fresh chopped mint that kids came up with in a summer program in Oklahoma. They said it gave them minty fresh breath.

How can people keep meals tasty while still staying healthy?

I think a lot of it is learning how to appreciate the flavor of something that's just unadorned. So many flavors get toned down by butter, or cream or salt. I encourage people to do to as little as possible to foods at first, and then figure out how they would like to build on that natural flavor. KATIE ABERBACH (EXPRESS)

Recipe File

LETTUCE WRAPS

Robin Schell — school garden coordinator of Rural Resources in Greeneville, Tenn. — had a tough sales job when she suggested this recipe. The children weren't sure they wanted to try something new, but since they grew the lettuce, they all agreed to take a bite.

Ingredients

- **1 lettuce leaf**
- **1 tbsp of any of the following: chopped apples; chopped celery; walnuts or pecans; raisins or dried cranberries**
- **1 tbsp vanilla yogurt**

Pick the largest, most pliable lettuce leaves that you can find. Leaf lettuces work really well for this.

Rinse the lettuce leaves in cold water and pat dry between sheets of paper towels.

Add spoonfuls of chopped apples; chopped celery; walnuts or pecans; and raisins or dried cranberries in the center of the leaf. Each person can choose his or her own mix of ingredients.

Add a dollop of vanilla yogurt.

Fold the lettuce lengthwise over the toppings and then fold up the ends, like a burrito or little package. Pick up and eat!

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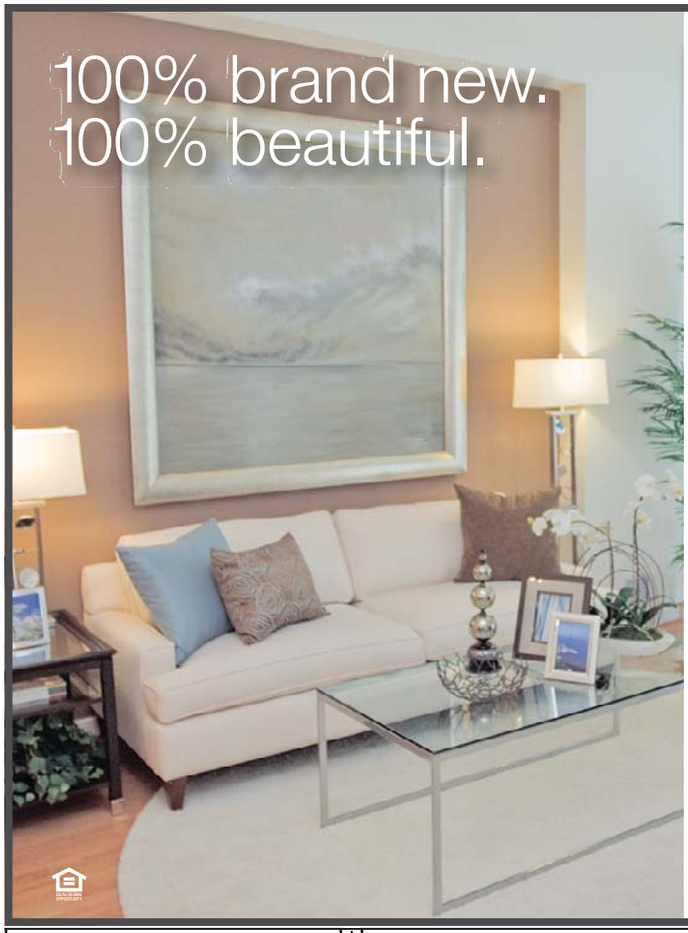

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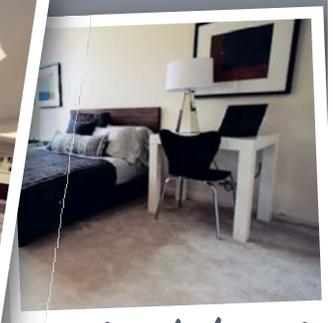
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Silver Spring EHO

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Punishment Time!
Charlie Sheen spends the day in court to finalize his plea deal 39

Sound Bets

COPTIC CAT

Music for Mystics

I usually can't remember dreams, so sometimes I try to induce nightmares. I'll go to bed listening to Current 93, the British cult project led by David Tibet that specializes in apocalyptic avant-folk, with the hope that something spooky will be summoned from my psyche. Tibet's writing is informed by Christian mysticism, the occult screeds of Aleister Crowley and the ghost stories of M.R. James, and he doesn't so much sing lyrics as nasally incant them like a high priest possessed by esoteric mysteries.

By Christopher Porter

Even after 28 years, Current 93 isn't easy listening, but 2010's "Baalstorm, Sing Omega" LP is more relaxed than 2009's "Aleph at Hallucinatory Mountain," an incredible document of incendiary doom rock. While Tibet's work will never be mistaken for lullabies, that's exactly how I've used Current 93's music when I want to try to chant my dream state "awake." Alas, my magic-resistant mind manages to cast out most of Tibet's spells, and I normally stay asleep without memory of what's been conjured in my subconscious. But one day I fully expect to wake up in a cold sweat, with beams of enlightenment bathing me in a golden glow.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

Total System Failure

Diva Christina Aguilera short-circuits on the highly disjointed 'Bionic'

Album Review

Before it even hit shelves, Christina Aguilera's fifth album, "Bionic," was on the receiving end of some mighty bad press.

Amid accusations that she was cribbing from Lady Gaga, her leadoff single, the cluttered club anthem "Not Myself Tonight," was an immediate flop, and Aguilera ended up canceling several dates on her summer tour. The reason given was that she needed more time to practice, but did anyone actually buy that?

Bionic
Christina Aguilera

Aguilera should send flowers to M.I.A., who has actually been getting worse press for her upcoming album — releasing two middling tracks and a hyperviolent video, and tweeting the private telephone number of a writer who penned a less-than-adoring profile in the New York Times. Then again, maybe M.I.A. owes Christina, since their "Bionic" collaboration, "Elastic Love," is a train wreck crashing into another train wreck.

Even though Aguilera has worked with an impressive roster of producers and collaborators, "Bionic" lives down to its bad buzz. It's disjointed and punishingly long, as if the jittery din can convince you of Aguilera's innovation and disguise the slight whiff of desperation.

"Sex for Breakfast" is a "Birthday Sex" rip-off so ludicrous that it descends into parody, and, in general, the lyrics range from embarrassing to really embarrassing. "A rubber band is what I call your love for me, 'cause it comes and goes and pins me like a trampoline," she sings on "Elastic Love," with what sounds like a straight face. "A rubber band was an analogy, you could even say it's a metaphor for the tension between you and me."

Of the artists who emerged from the late '90s teen-pop field, Aguilera not only has the most powerful voice but also seems to have the most fun with it, pushing its emotional and octave range. That instrument could compensate for so many sins, but "Bionic" doesn't give her much to sing. Instead she's constrained mostly to a half-sung rap cadence throughout the entire first half. The pair of power ballads later in the album — the anonymous "Lift Me Up" and the dreary "All I Need" — make for an adequate showcase for her pipes, but otherwise, anyone could be singing on "Bionic." **STEPHEN M. DEUSNER**

Rebuttals

'Download Me!'

Last week, Christina Aguilera attempted to take the high road by addressing accusations that she has issues with Lady Gaga, right. Aguilera posted the following note on her Web site, according to Entertainment Weekly: "I have absolutely nothing against Lady Gaga or any other female artist. I think she is great, and I appreciate any woman fearless enough to go against the norm. She has earned her success. ... There is room for all of us on everyone's iPods." **(EXPRESS)**

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expressnightout.com ▸▸ **Part music, part puppet show, Quintron and King Lee chronicle friendship in 'Tire Shop'** ▸▸ **The deluxe edition of the Cure's 1989 album, 'Disintegration,' demands to be played at full volume** ▸▸ **The first album of a rumored three-part series finds Swedish singer Robyn hitting a new high**

lookout expressnightout.com

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

top stops

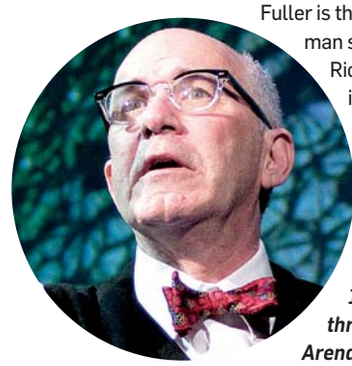
1 Nothing Can Beat It

We're torn between being excited about an outdoor movie series that's near U Street and thus easy to get to, and being irritated that nobody can come up with anything more original than another freaking outdoor movie series. Three movies will be shown in Harrison Field this summer, starting tonight with "This Is It," the Michael Jackson documentary. F.Z. ***Harrison Field, V and 13th streets NW; sundown, free; Movies.ustreet-dc.org. (U St.-Cardozo)***

2 No Obstacles

The VSA festival on arts and disability forces us to look at musicianship in new ways — like tonight's performance of classical music at the Shakespeare Theatre. It features virtuoso violinist Adrian Anantawan, who was born without his right hand (he holds the bow with a prosthesis), and pianist Azariah Tan Peng Chay, who has partial hearing loss. F.Z. ***Lansburgh Theatre, 450 7th St. NW; 7:30 p.m., free reservations required; 202-547-1122, Shakespearetheatre.org. (Gallery Place)***

3 Build 'Em Up



Late architect, sustainable-living pioneer and professional eccentric Buckminster Fuller is the kind of personality that one-man shows were made for. D.C. actor Rick Foucheux plays Fuller — inventor of the geodesic dome, plus some stuff that sounds like Scientology (Synergetics, the Dymaxion World) but absolutely is not — in Arena Stage's multimedia show. F.Z. ***Arena Stage in Crystal City, 1800 S. Bell St., Arlington; through July 4; 202-488-3300, Arenastage.org. (Crystal City)***

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TV tonight lookout

Best Bets

NBC 10:00

Law & Order When a journalist is found dead, Detectives Lupo and Bernard's investigation uncovers a relationship between the victim and Vanessa Carville (guest star Samantha Bee).

BRAVO 10:00

Kathy Griffin Does the Bible Belt In her seventh Bravo stand-up special, the iconoclastic redhead performs at the Tennessee Theatre in Knoxville, Tenn., where she takes aim at a variety of satiric targets ranging from the familiar — Oprah and Gayle, anyone? — to actress Sharon Stone and hoarders.

SPIKE 11:00

U.S. Navy: Pirate Hunters Spike TV gets into the headlines-on-the-high-seas game with this one-hour special, a documentary look at a Navy ship participating in an international effort to fight piracy in the maritime trade lanes off Somalia. (TRIBUNE MEDIA/K.M.)

ABC FAMILY

PRETTY LITTLE LIARS

Ugly on the Inside

FAMILY 8:00

Impossibly good-looking characters harbor a dark secret about a missing friend — or frenemy, as the case may be — in the new teen melodrama "Pretty Little Liars." Over the course of the pilot, we discover that one ravishing beauty has been romantically entangled with a guy who turns out to be her teacher. Notes are passed, and threats are implied. You get the gist. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Finale

It's a Sing-Off

They came, they saw, they warbled, and now, as Fox's breakout hit musical dramedy "Glee" (9 p.m., FOX) wraps up its first season, Will (Matthew Morrison, above) and his glee club, New Directions, face off against their archrivals, Vocal Adrenaline, at a tense regional competition. Jane Lynch and Chris Colfer also star. (TRIBUNE MEDIA)

Changing Tides: A Series of Ocean Discussions
Dr. Jeremy Jackson, "Brave New Ocean"

Photo by Mr. William Folsom, NOAA, NMFS

Date: World Ocean Day, Tuesday, June 8

Time: 6:00 pm

Location: Baird Auditorium (Ground Floor)
Smithsonian's National Museum of Natural History
(Enter from Constitution Ave., 10th St. & Constitution Ave., NW, Washington, DC)

Cost: Free and open to the public

The ocean is essential to all life but experts agree that there are changes affecting the ocean and how it functions. On World Ocean Day, join us for an evening of deep thinking with **Dr. Jeremy Jackson** from Scripps Institution of Oceanography as he discusses ocean biodiversity loss in his talk **"Brave New Ocean."**

Dr. Jackson's lecture will kick off ***Changing Tides:* A Series of Ocean Discussions** in which top ocean scientists talk about current research and how it is helping to change the tide in ocean science and conservation.

Live webcast of "Brave New Ocean" on the award-winning Ocean Portal
http://ocean.si.edu/ocean-videos/changingtides

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This series is brought to you by Smithsonian's Museum of Natural History and the Centers for Ocean Sciences Education Excellence and made possible through a grant from the National Science Foundation.

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Poll Center

Today's Question

DID HELEN THOMAS' ISRAEL REMARKS DAMAGE HER LEGACY AS A JOURNALIST?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

SHOULD BP CEO TONY HAYWARD RESIGN OVER THE GULF COAST OIL SPILL?

"So far Tony Hayward has pledged to pay for all the costs of the cleanup and all legitimate claims. Why are people calling for his head?"

AN ANONYMOUS COMMENTER

"No, but the executives who were on the rig giving orders when it blew should."

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

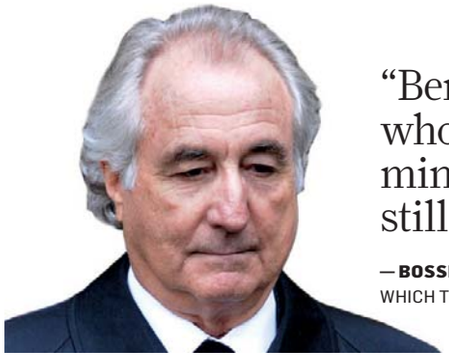
Blog Log

"There was a time when every move Prince made was anticipated as a world event. Each album release was greeted with excitement and a knowledge that he would take you to a new place he (and you) hadn't been before. Now we've had more years of bad Prince albums than good."

— **XOLONDON.BLOGSPOT.COM** REMINISCES ABOUT THE ARTIST'S OLD WORK ON HIS 52ND BIRTHDAY MONDAY, ADDING, "LIKE COURTNEY LOVE, PRINCE IS HIS OWN UNDOING."

"Well, if Sandra Bullock wanted to take attention off her failed relationship with Jesse James ... she's succeeded. LOL! If you want to make news at an award show, you have to kiss a member of the same sex."

— **IMNOTOBSESSED.COM** WAS AMUSED BY THE ACTRESS' ANTICS AT THE MTV MOVIE AWARDS SUNDAY NIGHT.



"Bernie Madoff is the epitome of scuzzbucket. The guy who was sentenced to 150 years in prison for scamming people out of hundreds of millions of dollars is still talking [trash]. What a stand-up guy."

— **BOSSIP.COM** REACTS AFTER READING EXCERPTS OF A SOON-TO-BE-RELEASED NEW YORK MAGAZINE ARTICLE IN WHICH THE CONVICTED PONZI SCHEMER SAYS, "[EXPLETIVE] MY VICTIMS."

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puzzles lookout

Horoscope

GEMINI (May 21-June 20) You may begin the day more tired than usual, but in very little time, inspiration and energy will be on the rise. Certain things are easy to do.

CANCER (June 21-July 22) Someone will want to do things ever faster, but you know that the risk of doing things incorrectly will increase. Play it safe.

LEO (July 23-Aug. 22) Instruction comes to you through unusual channels, but no matter how you receive it, you can surely put it to good use almost immediately.

VIRGO (Aug. 23-Sept. 22) It's a good day to get back to the basics, both at work and at home. Family members appreciate your willingness to talk about things.

LIBRA (Sept. 23-Oct. 22) Share your knowledge with those around you, and you'll quickly be able to determine who is on the same page as you.

SCORPIO (Oct. 23-Nov. 21) It may be difficult for you to decide just which direction to go — until a friend heads off on his own without any company at all.

SAGITTARIUS (Nov. 22-Dec. 21) This is a good day for shaking things up a bit. You may want to shift around the roles played by various members of your team.

CAPRICORN (Dec. 22-Jan. 19) Generosity is the key to a productive day; the more covetous you are of your own resources, the less you will be able to do with them.

AQUARIUS (Jan. 20-Feb. 18) You may be required to jump into something new with little or no preparation. Your natural confidence will see you through.

PISCES (Feb. 19-March 20) Your ability to sort through extraneous details to get to the heart of the matter can win the day for you and your allies.

ARIES (March 21-April 19) Don't neglect others even as you promote your own agenda. Remember, you're all in this together at this time.

TAURUS (April 20-May 20) Do not take on too many projects at one time. You'll have to say no to someone sooner or later.

PostPoints DAILY CODE A P

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 248

								RACK 1
I1	K5	C3	C3	H4	T1	S1	Triple Word Score	
								RACK 2
A1	I1	O1	U1	H4	C3	G2		
								RACK 3
E1	O1	O1	X8	H4	B3	S1	3rd Letter Double	
								RACK 4
E1	E1	T1	M3	F4	R1	N1		

Yesterday's Solution

O1	F4	F4	E1	N1	S1	E1	RACK 1 =	76
C3	H4	L1	O1	R1	I1	C3	RACK 2 =	64
F4	U1	S1	I1	B3	L1	E1	RACK 3 =	70
P3	R1	A1	N1	C3	E1		RACK 4 =	10
PAR SCORE 155-165							TOTAL	220

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		6				3		
9		3		8				1
				7		8	2	
4		9					3	
			9		7			
	6					9		5
	2	7		9				
5				6		1		3
		4				7		

Yesterday's Solution

8	7	5	9	2	6	1	3	4
2	3	9	7	4	1	5	6	8
1	4	6	8	5	3	9	2	7
4	8	2	5	7	9	6	1	3
5	6	1	3	8	4	2	7	9
7	9	3	1	6	2	4	8	5
9	5	7	6	1	8	3	4	2
6	2	8	4	3	5	7	9	1
3	1	4	2	9	7	8	5	6

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

78 | 63

Today: Sunny to partly cloudy and nice today. A shower late tonight.

75 | 63

Tomorrow: Rain and a thunderstorm tomorrow. A couple of showers tomorrow night.

Looking Ahead

THU	FRI	SAT
82 | 62	82 | 67	88 | 72

Sun and Moon
Sunrise today: 5:43 a.m.
Sunset today: 8:32 p.m.
Moonrise today: 2:40 a.m.
Moonset today: 4:52 p.m.

Almanac
Normal high: 82
Record high: 98
Normal low: 63
Record low: 47

FORECAST BY ACCUWEATHER.COM ©2009

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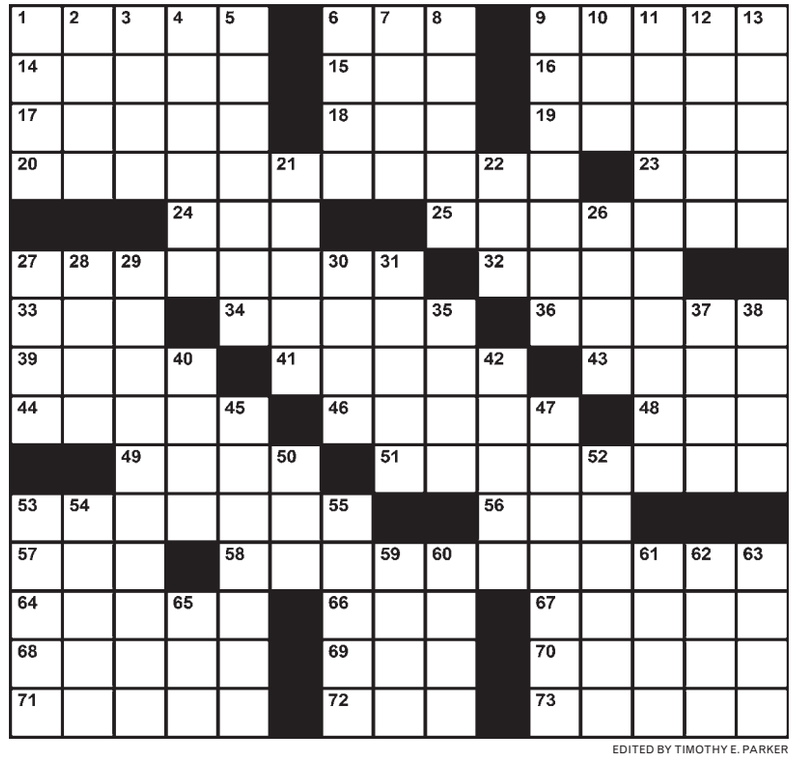
lookout puzzles

Crossword

THE PLACES WE WILL GO



EDITED BY TIMOTHY E. PARKER

ACROSS
1 Naughty kids
6 Had been
9 Member of the wedding
14 Satirical theater production
15 Prado display
16 Shot glass capacity, roughly
17 Like loads
18 Big Brazilian city, for short
19 Prevent from proceeding
20 Levelheaded
23 Hardly a beauty
24 Uncountable years
25 A geological epoch
27 Star quality
32 Flood figure
33 Place for beakers
34 Frigid forecast
36 Eye inserts
39 Bunches and bunches
41 Gin's go-with
43 Cry in a thin voice
44 New Jersey hockey player
46 When doubled, a Washington city
48 One unlikely to pass the bar?
49 And the like (abbr.)
51 Frying pans
53 Bent one's elbow
56 Future CEO's deg.
57 Prefix meaning "recent"
58 At someone's mercy
64 Aptitude
66 Unofficial promissory note
67 South African antelope
68 Bone-chilling
69 ___ Pedro Bay
70 Sustain, as losses
71 Altered completely
72 You'll have a blast with it
73 Jumps on the ice

DOWN
1 Garrett of "Everybody Loves Raymond"
2 Present tense of 71-across
3 State positively
4 Media mogul Ted
5 Make sure the job gets done
6 Article of commerce
7 Opera highlight
8 Thunder and lightning event
9 Deity's state
10 Regret
11 Like a roofer's drinks?
12 Bounding main
13 Unite
21 Beginning stage
22 Soldier's makeup?
26 Bottom-feeder
27 Unlike Lady Godiva
28 Partner of hearty
29 Square-shooting
30 Tabby's comment
31 Karenina and Christie
35 Like some boxers
37 Conspirator's creation
38 Firms up, as concrete
40 Marmoset relative
42 Move up the ladder
45 Worked like a dog
47 Adriatic Sea country
50 Book after Exod.
52 Body part important to vocalists
53 Make a deduction
54 Confused struggle
55 Believer in a nonintervening God
59 Speckled steed
60 Your cousin's mom
61 Track contest
62 Jewish month
63 Swedish version of Lawrence
65 Jr.'s junior

Yesterday's Solution

Today in History

1966 A merger is announced between the National and American Football Leagues, to take effect in 1970.

1995 Marines rescue Capt. Scott O'Grady, whose F-16C fighter jet was shot down by Bosnian Serbs.

2009 North Korea sentences U.S. journalists Laura Ling and Euna Lee to 12 years' hard labor for trespassing and "hostile acts."

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people lookout

ASSUMPTIONS

Natalie Portman Is Beautiful, So She Must Smell Good, Too

Natalie Portman will represent Christian Dior's perfume line, Women's Wear Daily reported. This is Portman's first fragrance/cosmetics deal. Sharon Stone, Charlize Theron, Monica Bellucci and Jude Law also represent the brand in advertisements. **(EXPRESS)**

SO DISTURBING

What Hath Reality TV Wrought?

Footage suggestive of a suicide attempt that Tila Tequila posted on her Web site resulted in the reality star's being taken to a Los Angeles hospital for evaluation, Radaronline.com reported. Several readers of Tequila's blog called 911 when they saw the video. Tequila says the footage was not evidence of an attempt to take her own life. "Why would I??? I got mad $$$ & LOVE!," Tequila wrote in an obscenity-laden tweet. **(EXPRESS)**

ICONS

Angry Gen-X Female Reader: You Are Alone

Alanis Morissette married rapper Souleye in a small ceremony in Los Angles on May 22, People.com reported. Morissette confirmed her nuptials on her Twitter page Monday: "So happy to share with you that my man Souleye and I got married. We're very excited to embark on this journey with each other." It's the first marriage for both parties. **(EXPRESS)**

RICCARDO S. SAVI/GETTY IMAGES

IN COURT

Charlie Cops a Deal

Charlie Sheen could work at a Colorado theater company by day and spend his nights in jail under a deal reached with prosecutors that calls for him to plead guilty to a misdemeanor assault charge in his domestic abuse case. In exchange, prosecutors would drop criminal mischief and felony menacing charges. The deal calls for Sheen to serve a 30-day sentence and three months' probation, said Yale Galanter, an attorney for Sheen's wife. Sheen appeared Monday in court, but his status was unknown at press time. **(AP)**

"When people fall, the way to success is to get up and learn from our mistakes. We are in that process."

—**TERESA GIUDICE,** "REAL HOUSEWIFE" OF NEW JERSEY. SHE CALLS BANKRUPTCY "A FRESH START."

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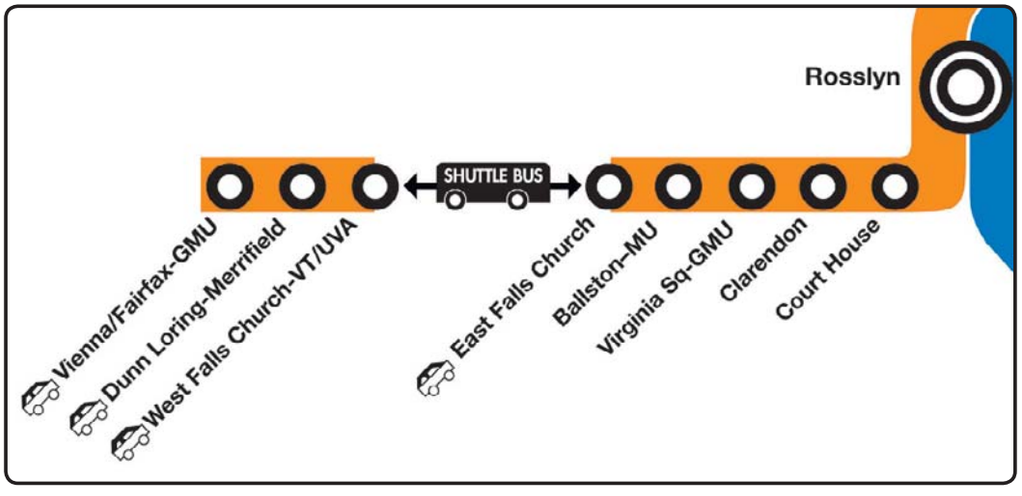
The Orange Line between East Falls Church and West Falls Church-VT/UVA stations will be closed this weekend.



East Falls Church and West Falls Church-VT/UVA Metrorail stations will remain open with free shuttle bus service between them.

CLOSED: Saturday, June 12 at 7 a.m. REOPEN: Monday, June 14 at 5 a.m.

- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project.
- Going inbound? If possible, park at East Falls Church station and ride Metro from there. Parking is free on Saturday and Sunday.
- If you plan to take the shuttle bus between the two stations, please add 30 minutes to your travel time.
- Trains will share a single track through the work area beginning at 10 p.m. on Friday. From 10 p.m. to closing, trains will serve all Orange Line stations every 30 minutes.
- For more information about this important work, please visit MetroOpensDoors.com.

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